

# Psychologically Informed Consultation and Training Team video transcript

0:00:00.960,0:00:04.960

We are the psychologically informed consultation and training team known

0:00:04.960,0:00:11.040

as PICT. We are a specialist team made up of psychologists, psychotherapists,

0:00:11.040,0:00:15.840

and lived experience practitioners who have expertise in working with people who have complex

0:00:15.840,0:00:22.320

emotional needs linked to a personality disorder. We offer consultation, training, and support to

0:00:22.320,0:00:28.080

professionals in community and inpatient settings and in primary care networks across Berkshire.

0:00:28.080,0:00:33.120

We also provide training to partner agencies including emergency services, placement

0:00:33.120,0:00:38.320

providers, and voluntary sector services. Our aim is to increase the understanding

0:00:38.320,0:00:41.840

and skills needed to provide effective care to someone who has difficulties

0:00:41.840,0:00:47.120

associated with a personality disorder. We do not work directly with service users.

0:00:47.120,0:00:51.040

Our work is with those involved in delivering a service user's care.

0:00:51.600,0:00:55.200

We provide a range of training to help you work effectively with someone who has a

0:00:55.200,0:01:00.720

personality disorder, including skills training related to dialectical behaviour therapy,

0:01:00.720,0:01:06.160

structure clinical management, and mentalisation based treatment. We can provide one-to-one

0:01:06.160,0:01:11.200

consultation with professionals who work alone as well as with single or multiple teams involved in

0:01:11.200,0:01:17.200

the care of an individual. Consultations can be a one-off or held through a series of meetings.

0:01:17.200,0:01:22.080

They can be focused on a range of areas such as understanding an individual's difficulties,

0:01:22.080,0:01:26.800

possible functions of an individual's behaviour, personalised risk management, and how to

0:01:26.800,0:01:31.120

establish the most effective therapeutic relationship. You can find more information

0:01:31.120,0:01:35.600

about PICT and what we offer on our web page. Get in touch with us, and we'd be very happy

0:01:35.600,0:01:40.560

to send you our training catalogue and to book a consultation with you.